

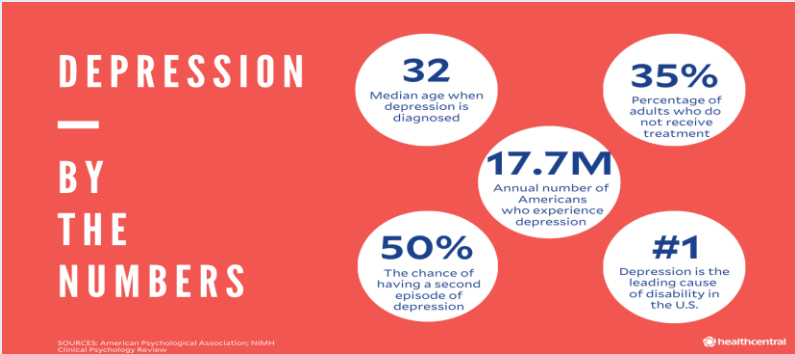


Problem Solving (A3) Report

1. Identify a Problem	PLAN
<ul style="list-style-type: none">It is estimated that around 6.7% of American adults suffer a major depressive episode once in any given year.It has been demonstrated that keeping a gratitude journal is beneficial in reducing stress among other negative mental afflictions.Journaling requires using something to keep track of your thoughts, but the mediums used are not always enticing. 	
2. Set the Target	PLAN
<ul style="list-style-type: none">Better investigate if recording and/or sharing causes of happiness promotes the same emotion.Provide a better platform to record these thoughts, be it via text or message.Provide a way for people to connect by analyzing data and finding common factors to their happiness.	
3. Analyze the Causes	PLAN
<ul style="list-style-type: none">Depression is on the rise due to many factors, including the recent pandemic due to COVID-19.Though not a cure-all solution, journaling is an affordable hobby that has been proven to boost mood and reduce stress.The problem with journaling is that it is not always engaging enough for an individual to keep on with the habit. 	

The Happiness Machine

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4. Propose & Implement Countermeasures	PLAN/DO
<ul style="list-style-type: none">Create an app or website with appealing visuals and user-friendly mechanics to incentivize users to record the things that made them feel happy.If given permission by the user, analyze the data that they input and connect them with other content like the things they input.Send out surveys or questionnaires to make the app more engaging and easier to keep up with. 	
5. Check/Evaluate	CHECK
6. Act and/or Standardize	ACT

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